

## Heating Your Home

### Why we care

Heating your home accounts for about 40% of your total household energy. To reduce that energy use and attendant fossil fuel emissions, consider the following steps.

### Simple, positive steps

**Weatherize your home** first so you don't lose heat.

- Check out the [Weatherizing Your Home](#) Eco-Tip.

### Easy & Free Solutions

- The Oregon Department of Energy recommends that you set your thermostat to 68° during the day and 60° at night or when no one is home. Each degree you set your daily temperature back (for 8-10 hours), saves you about 2% on your heating bill.
- Cold? Warm socks, a blanket, a sweater, or microwave heating pad can be just enough to keep you toasty without turning up the heat.

### Home Upgrades

- Consider replacing your older gas furnace with a high efficiency one (90-96%).
- If you heat with electricity, consider an air-source heat pump. It can cut the amount of electricity you use for heating by as much as 30-40%.

### When Building or Remodeling

- Build a [Passive House](#) or an [Energy Star](#) home to minimize heating needs.
- A radiant-floor hydronic heating system is more efficient than baseboard or forced-air heating.
- A heat pump that extracts heat directly from the ground outside is very efficient.
- For incentive and rebate programs, visit [Energy Trust of Oregon](#).
- Tax credits may be available for all of the upgrades mentioned here. Visit [Oregon.gov](#).
- [Enhabit.org](#) guides homeowners through the process of choosing the right efficiency improvements for their homes, including financing options.

*Questions or feedback? Contact Jeanne Roy at [jeanne@earthleaders.org](mailto:jeanne@earthleaders.org).*